P-L PERFECT
LOOSE LEAF NOTE BOOK

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OVER NUMBER	STYLE		OF FILLER
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Apologia

This series of snapshots helps chronologically to recall past events to mind. It was started first as Ann's record of development — but as the family increased & other snapshots told the story of our lives they too were added. It is hoped that those who scan these fragile pages do so with care for so far there is no index.

Dedication

The labor of this chronicle is affectionately dedicated to the family, it is their book.

"Miss Moore"

Polly Buddy, my helper –

Jerry Bachman the bookkeeper

Rita Rosenberg

Michael & his golf!

Mr Taber the most faithful of all –

Beth Gunnoe

Looking into EVBH's office

Michael Papantonio

EVBH's desk.

The Brick Row Book Shop Inc
42 East 50th St N.Y.City

Father Tiber

Alexander Hadden

Dawn Hackett -

Geneva '26

"L'Union Internationale des Etudiants"

Aug. 1st '26 -

Polly Brandway + Ed. - The Secretaries -

Mrs. David Rideout

BROWN
EBH
JBH
DH JAS
July 2
1927
11½ AM

EVEN when the thermometer stands at 80 in the daytime, you'll be grateful, by night, for the cheerful warmth of a Nocturne blanket . . . a soft, light, all-wool summer blanket, which weighs, believe it or not, but a few ounces more than a fine percale or linen sheet. During most of the summer, you will need only one Nocturne to a bed, and two will carry you through the entire season, from May to October. You may wash the Nocturne as often as you like, for, made without a nap, it will never roughen, mat, or wear off, and its lovely pure silk binding is guaranteed for five years. Hold this Nocturne summer blanket up to the light and notice the fine, evenly spun and woven yarns and the closeness of the weave. This test will demonstrate the superiority of the North Star Nocturne blanket. Nocturne colors are as seasonable as the blanket itself: white and eight delectable summer pastels . . . rose, blue, orchid, green, peach, apricot, maize and all white. Can you think of a lovelier wedding gift? . . . The North Star Woolen Mills, Minnesota.

NORTH STAR BLANKETS

Aug '31
"Aunt" Lucy Watson is on the porch talking to me. RSHS took the picture

Spring '36

Granny directing the weeding of the flower garden in the summer of 1929.

"Pine Grove" or Granny's house.
Phelps Farm, Hadley, Mass.

On the steps of the South porch at Pine Grove taken by Pineos in Fall of '27.

Summer of 1928

David, Billy Andrews, Billy Huntington

Michael Paul's Birthday Picnic

?
Wanted.

Bolton '28

Summer 1928 at
Bolton w. Tants

'28.

Paul's
birthday
picnic '27
David the
child
Barnett in
the paper

Bolton in '28

Dawn Tants Ned ? Hattie

Summer '27
The Suits were new.

Bolton in '28.

Dotsey, & John at Bolton taken in 1928.

Jean Ballah + 2 of Queen Victoria's kittens, (the yellow one is Pan Michael the father of Micky Mike) and Trushka, Summer of 1929.

Looking diagonally up Huntington Road.

showing the back of Forty Acres with old carriage house where the Chaise House now is. The Barn and Cow Barn are also in evidence. Neither was there a terrace by the Stoop!

Mildred Sherman Ballah Haight 1930 playing w. Sestrushka Note the Brockway, the Garage & Icehouse (new)

"Trushki" at the River.

~~Lucretia Dix Huntington Sarsons~~

Jane Ann Payne "

~~Elizabeth Phelps~~ "

Mollie Doheny Hackett "

William Dickson Carson "

Nora Elizabeth Putnam

Peter Dwight

Robert Amory

~~Edward Payne~~

Edward Archibald

Robert Dickson

These were written on the train from Dublin to Derry - June 30 '28

Ann + her Daddy on Xmas Day 1929.

Dawn + Ann.

The best (?) picture of Ann.

Jane Anne Byrne Sessions was born at The Cambridge Hospital November 12th 1929. Dr James L. Huntington officiated at the operation. Miss May MacKillop was the day nurse, + later Miss Kathleen Doyle was night. Ann was on supplementary feedings even before we left the hospital December 6th. She weighed 8 lbs 8 oz at 3 wks (weighed 7-6 at birth.)

Dear Doctor Young - 8.8 4½ - 9-1 second report 11/30

~~Somehow we are carrying on the work~~ ~~began and beginning to realize~~

-4 wks old-

may we make a report on the present condition of our infant and her progress for the past fortnight. The wonderful start given her under your hands carried her through the first difficult week when we felt all thumbs and elbows.

In the first week she gained only 4½ ounces; stools were about one in 36 hours of mustard color with dark greenish masses and many curds; hiccups and regurgitation after feedings; sleep at night was broken, seemingly by hunger. At this period she was nursing alternately the left breast followed by a 2½-3 oz bottle of 12-8-3 formula; and the right breast followed by 3-4 oz bottle. One half an ounce of orange juice and water was given in the morning and afternoon. This (?) tended to make bowel movements more watery. The restless nights and regurgitation as well as our natural anxiety kept us on the point of telephoning for advice.

During the past four days the baby has gained ~~a ounce a two a day making~~ on the average of 1⅛ ounces a day.

Her bowel movements are more frequent & more watery without the dark green bits & a slightly greenish tinge even when just passed. The curds seem softer but also seem as many as before. She now sleeps from 11 PM to 6 AM quite peacefully. Her appetite for her bottles varies considerably being at times avid even after the left (large) breast or scanty after the nursing the right. We changed the milk used in her formula from the whole milk of our mixed herd having a 4.7% fat content to the milk of one fine Holstein. (At present we are unable to get a mixed Holstein supply.) We also increased the orange juice and water to 3/4 of an ounce twice daily. She continues to hiccough sometimes before, and almost invariably after feedings. She also regurgitates both after nursing and after her bottle. One can bring up wind during a feeding but I would appreciate your advice on how to feed her more slowly so she spits up less.

I suppose the hiccough is also part of the wind problem.

Several times the baby goes to sleep while taking her bottle, or refuses the bottle after nursing only to howl hungrily in two hours until the next feeding. Should one try to get her to take the food even tho this means prolonging the meal for an hour It is hard to get her to feed slowly and steadily and ~~finish in time~~. Her tendency is to gulp - spit up, sleeps a while, and howl for more ~~shortly~~. If I let her go this hungry way she gulps all the faster, and spits up more at the next feeding. I should appreciate your advice ~~even more~~ especially about this.

We have not yet started the cod liver oil but shall do so as soon as we learn from you whether you think the baby's food is agreeing with her in spite of the many curds in her stools. I might add that she sometimes shows a strange rash (spotty) on her face, neck and chest. Sometimes when this fades there are small pimply like eruptions behind it. I've put "Borofax" on these. They clear up slowly. Her tongue seems always to have a white coat.

Misc. questions:

Should I wash her scalp with soap & water instead of oil? — is it all right to continue the oil baths as long as the temperature of the nursery makes tub baths precarious?

Sometimes, two hours after feeding the baby shows

an inclination to drink as much as two ounces of water - Is there a limit to the amount she should get? at a time? in twenty four hours? Is it all right to keep a hot water bottle at her feet (all protected) at night? I have an idea doing this has helped to keep her asleep from 10 PM to 6 AM.

I assure you we look forward to your attention to our small problem - Very likely it is a bother to you to have to train such ignorant parents as we are to recognize a healthy patient of yours but we do want to keep up your good work and will fully appreciate your advice.

Sincerely

Doheny H. G. Sons

This letter was sent about Dec 14th/29

J. HERBERT YOUNG, M. D.
66 COMMONWEALTH AVENUE
BOSTON

24 December 1929.

My dear Mrs. Sessions:-

I am terribly sorry to be so late in answering your letter. I found it on my desk yesterday when I came to the office having been out since last Wednesday with a cold. I did not have the time to answer it then and took it home with me last night hoping to answer it after dinner, but when the time came I was just too tired and had to go to bed.

I don't believe your breast milk has improved any since you went home. Keep on, however, but don't nurse longer than eight or ten minutes and then give the bottle. Continue with the Hoesleen milk, boiled 3 minutes, not because your milk is not clean but because it is more digestible. Use 14 oz. milk, 7 oz water and 3 level tablespoons of Dextrimaltose and give her what she will take, but I would not

RICHARD M. SMITH, M. D.
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RANDOLPH K. BYERS, M. D.
HENRY E. GALLUP, M. D.

J. HERBERT YOUNG, M. D.
66 COMMONWEALTH AVENUE
BOSTON

23 January 1930.

My dear Mrs Sessions:-

I should think your baby was doing finely. Don't worry about the spitting up, this will go away in time. Don't try to force her food, let her take what she wants then stop.

The bean like curds mean that you are not taking your milk long enough, then mix this directly over the flame should be sufficient, but if they persist make it five minutes. If you are going to train her to have a movement at the same time every day you probably will have

J. HERBERT YOUNG, M. D.
66 COMMONWEALTH AVENUE
BOSTON

to use a soap suppository for
a while.

If the cod liver oil cannot
be taken give "Viosterol"
4 drops 3 times a day measured
with the dropper which comes
with the bottle.

Sincerely yours,
J. Herbert Young

Spring 1930

The little "Green House" as it was when we moved in, except it had not been painted other than a priming coat.

Spring 1931

In April 1931 the South porch was added. It was screened and proved a godsend all summer - for dining and resting on hot days. During the Spring of 1932 little Sally was put out to sleep there in her carriage.

This winter scene was taken by Lincoln White, 1931.

RICHARD M. SMITH, M. D.
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HENRY E. GALLUP, M. D.

J. HERBERT YOUNG, M. D.
66 COMMONWEALTH AVENUE
BOSTON

3 February 1920.

My dear Mrs. Sessions:-

Increase your formula to (20 - 10 - 3) and give more in amount after the breast until she is satisfied.

Weigh her before and after nursing to see how much breast milk she is getting. If she isn't getting more than an ounce it isn't worth while keeping on nursing.

Sincerely yours
J. Herbert Young

RICHARD M. SMITH, M. D.
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HENRY E. GALLUP, M. D.

J. HERBERT YOUNG, M. D.
66 COMMONWEALTH AVENUE
BOSTON

25 February 1930

My dear Mrs Sessions:-

I am glad to hear that your baby is doing so well. It does sound as if she were hungry. I would begin now and use barley water as a diluent instead of plain water. Barley water is made from Robinson's Patent Barley 1 level tablespoon to 1 pint of boiling water (just make a smooth paste) cooked 30 min. in a double boiler.

You do not say just what your proportions are but I

...ARD S. EUSTIS, M. D.
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J. HERBERT YOUNG, M. D.
66 COMMONWEALTH AVENUE
BOSTON

think you could work up to

Whole Milk	30 oz.
Barley Water	10 oz.
Dextrimaltose	4 level tablespoons.

You will find the barley water will make the formula "heavier" and it will "stand by" her better.

Sincerely yours
J. Herbert Young.

Feb 27th → 20 - 10 - 3
22 - 10 - 3¼
25 - 10 - 3½
27 - 10 - 3¾
30 - 10 - 4

RICHARD M. SMITH, M. D.
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~~RANDOLPH K. BYERS, M. D.~~
HENRY E. GALLUP, M. D.

J. HERBERT YOUNG, M. D.
66 COMMONWEALTH AVENUE
BOSTON

13 March 1930.

My dear Mrs. Sessions:-

You were perfectly right in getting Dr Cruikshank to see the baby. A diagnosis of a rash at long distance is very much of a guess.

I think you are wise in stopping the breast as you have probably done all you could and further nursing would only fuss you down and not do the baby any good.

The only thing to do now is to gradually increase

RICHARD S. EUSTIS, M. D.
J. HERBERT YOUNG, M. D.
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~~RANDOLPH K. BYERS, M. D.~~
HENRY E. GALLUP, M. D.

J. HERBERT YOUNG, M. D.
66 COMMONWEALTH AVENUE
BOSTON

The formula is 30 - 10 - 4
and not big to hurry as
long as the baby is satisfied
and gaining.

Sincerely yours
J. Herbert Young.

Ann and her grandfather
E Byrne Hackett of Kilkenny
Ireland — and NewYork City.

Early April 1930

Ann + Trushka
with the old Huntington
house in the distance

Late April 1930 or May.

DIET LIST — 1 May 1930 -

6.00—7.00 a.m.	~~Whole milk or~~ Formula—8 ounces
8.30 a.m.	Orange juice—1 ounce with water 1 ounce
10.00 a.m.	Barley, groats, or arrowroot jelly, or cereal (strained oatmeal, farina, or cream of wheat—cooked 2 to 3 hours) —1 to 4 tablespoons ~~Whole milk~~ or Formula—6 to 8 ounces
2.00 p.m.	~~Vegetable soup~~—2 to 6 ounces ~~Whole milk or~~ Formula—4 to 8 ounces or ~~Beef juice~~(1 or 2 times a week)—1 to 2 ounces ~~Green vegetable~~, strained (spinach, peas, string beans, stewed celery, stewed lettuce, stewed beet greens, stewed chard, young carrots, or asparagus)—1 to 2 tablespoons ~~Starchy vegetable~~ (rice, macaroni or spaghetti(—1 to 2 tablespoons ~~Whole milk or Formula~~—4 to 6 ounces
4.30 p.m.	Orange juice or prune juice—1 to 2 tablespoons with water
5.30—6.00 p.m.	Cereal jelly or cereal—1 to 4 tablespoons ~~Whole milk or~~ Formula—6 to 8 ounces

10 P.M. Formula - 6-8 ounces.

VEGETABLE SOUP RECIPE

Meat: ¼ lb. lean beef, mutton or chicken

Green vegetables: 1 medium-sized carrot, 2 or 3 spinach plants. or 1 small head of lettuce, or 2 stalks of celery

Starchy vegetables: 1 medium-sized potato, 2 level tablespoons of rice or barley

Remove all the fat from the meat; cut the meat into small pieces; add ¼ teaspoon of salt and 2 quarts of cold water. Cook the meat slowly for about 2½ hours. Strain the broth through a fine strainer to remove the meat; add the cereal and vegetables, chopped fine, to the broth. Cook about ½ hour longer, until the vegetables and cereal are soft and the liquid is reduced to 1 quart. Mash the vegetables and cereal through a fine strainer with the broth. Cool and remove the fat from the top. Reheat the soup before using

Caution—This soup should be cooled quickly, and kept cold to prevent souring

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HENRY E. GALLUP, M. D.

J. HERBERT YOUNG, M. D.
66 COMMONWEALTH AVENUE
BOSTON

5 May 1930.

My dear Mrs Sessions:-

I have a great deal of respect for Dr Huntington's opinion and so hesitate to question his diagnosis. However, let's be sure she is getting enough to eat and doesn't have on too much clothing these hot days. You will not need to continue the Viosterol after June 1st.

Sincerely yours,

J. Herbert Young

RICHARD M. SMITH, M. D.
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~~RANDOLPH K. BYERS, M. D.~~
HENRY E. GALLUP, M. D.

J. HERBERT YOUNG, M. D.
66 COMMONWEALTH AVENUE
BOSTON

8 May 1930.

My dear Mrs Services:-

Any of the cereals are all right. Babies often like barley jelly best because it is smoother. Add a little formula, salt but no sugar, and feed with a spoon.

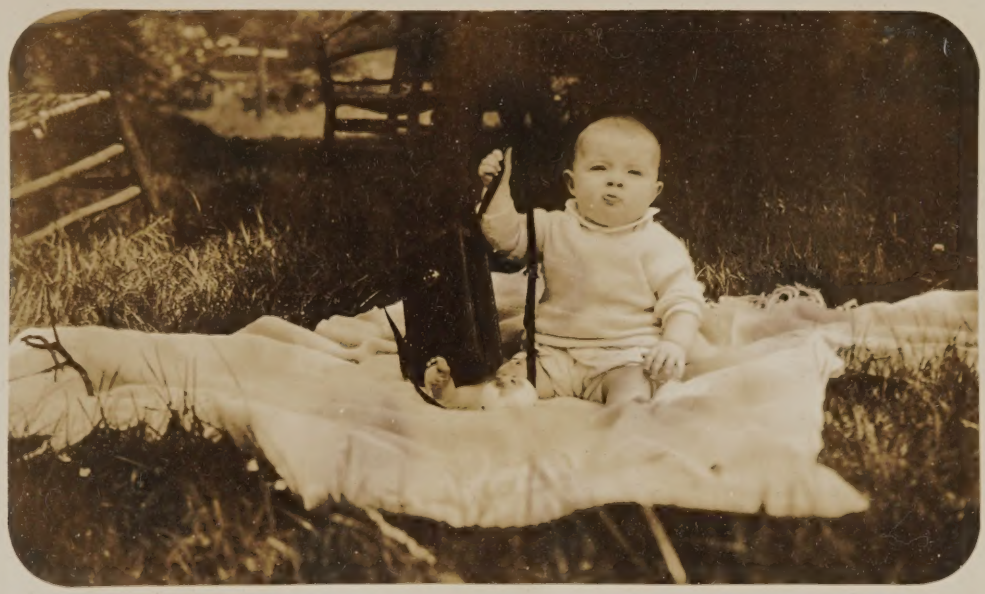
Regulate clothes according to the baby's comfort. A day like yesterday absolutely none would be all right.

Sincerely yours

J. Herbert Young.

Easter Sun Apr 20/30.

June - with Granny
1930



These four pictures were taken by cousin Frederic W. Paine of Duluth in June 1930.

The "whole" family — Summer 1930.

ROGER SESSIONS

Distinguished American Composer

The repeated appearance of compositions by ROGER SESSIONS on the programs given by the principal orchestras and artists throughout the United States and Europe have won for him recognition as one of America's foremost composers. Outstanding among his works might be mentioned: Incidental music to "The Black Maskers of Andreyeff" (1923); Symphony (1927); Sonata for piano (1930); Concerto for violin and orchestra (1933). Since 1925 Mr. Sessions has lived in Europe, chiefly in Italy, and since 1931, in Berlin. He was a member of the International Jury for the Amsterdam International Festival (1933); he also won the distinction of being chosen as representative of the United States at the International Musical Congress, Florence, Italy (1933).

Mrs Roger Sessions – Ann's
Aunt Barbara. 1930

"Nannie" about 8 mos

Summer 1930 at Granny's

6 She's left to sleep, or play according as the evening is cool or hot - but I leave her fixed to sleep until

9.30 then she sits on her chair gets ½ her bottle and returns to bed for the last half —

Good night all /

July 1930

Formula :-

Boil one quart of "baby's milk" for 4 minutes -
Boil one tablespoon of Barley flour with 2 cups of boiling water having first blended it into a paste with 2 tablespoons of cold water - boil it for ½ hour -

Add the barley water and milk made up to exact quantities by boiling water, or boiled water - to 4 tablespns of Dextri Maltose

30 oz of milk
10 oz of barley water
4 tablespoons Dextri maltose - levelled w. knife

This makes 5 eight ounce feedings - Place immediately in ice box in a stoppered sterile container.

Bottles + nipples get boiled ½ hr daily.

UNIVERSAL CROSS SECTION PAPER

These instructions are for Tom + Jane unless you + I have any thing to leave it for cows.
July 1930

Ann's Day

July 1930 -

5 30 - 6 30 Ann wakes - is lifted - sat on her chair - diapers changed and nightdress taken off if she's too wet - replaced by dressing gown if chilly - Bottle given by hand and then Ann goes back to her crib until 7 - 7 30

7 to 7 30 Ann sits on her chair if her bowels have not already moved and orange juice is given; 1 oz of juice strained in the fine strainer plus 1 oz of water.

Then she plays in crib - pen etc until

9 - 9 30 she has her bath and at 9 30 gets fed again. Her bath consists of 2 inches of warm water - for about 5 minutes - Her breakfast consists of 4 tablespoons of cereal strained thru fine strainer - and an 8 oz bottle -

10 - Sees her pinned securely into either pillow case or snuggle bunny and put in her carriage. She will sleep until any time from 11 30 to 1 30 depending on how wide awake she is I don't lift her until necessary - then she goes back to crib or pen etc until

1 30 - She gets 2 tablespoons of soup, strained thru fine strainer

2 - 3 30 and an 8 oz bottle of formula, and a zwieback cracker. so back to her crib (after sitting on her chair) until 3 30

3 30 - 4 30 She gets 1 oz of prune juice plus 1 oz of water and any more water as much as she'll take - Sometimes she prefers it warmed - and another zwieback if she's hungry.

4 30 - 5 She creeps on the lawn in the sun NAKED

5 - if she's dirty she plops for a minute in the tub then gets her supper of 4 tablespoons of strained cereal & a bottle - sitting on her chair.

Another of cousin Frederic's pictures - in June '30.

In this fashion did Anne call on her God mother Mrs Sally Huntington.

Aug. 2/30 - Anne holding the Prune tree at Forty Acres.
PRUNE

"Nannie" at 8½ mos -
calling on her godmother,
Sally Huntington - holding
a prune tree in her hand -

Aug 8th '30.

Graduation Exercises

Northampton School for Girls

June Third

Nineteen hundred and forty-six

Programme

PROCESSIONAL—On our way rejoicing

SCRIPTURE READING AND PRAYER

REVEREND ROBBINS RALPH

AVE MARIA — *C. Saint Saëns*

SCHOOL CHORUS

ADDRESS

REVEREND ALBERT J. PENNER

Second Congregational Church, Holyoke

TRUST IN THE LORD — *Katherine K. Davis*

SCHOOL CHORUS

PRESENTATION OF DIPLOMAS

ONWARD, YE PEOPLES! — *Jean Sibelius*

SCHOOL CHORUS

BENEDICTION

Will the guests please remain in their places until the school and alumnae form a circle around the tree and sing the school song.

Graduates

Diploma with High Honor

Frances Bates Abbott	Northampton, Massachusetts

Diplomas With Honor

Elizabeth Woodruff Carlo	Fort Wayne, Indiana
Miriam Hilda Goldstein	Springfield, Massachusetts
Mary Ann Ruse	Northampton, Massachusetts

Diplomas

Sara Jane Arons	Scarsdale, New York
Judith Bartlett	Great Neck, New York
Shirley Marion Braidwood	Scarsdale, New York
Inga Holter Brauner	Ithaca, New York
Joanne Plympton Davis	Northampton, Massachusetts
Jane Katherine Downing	Holyoke, Massachusetts
Mary Isabel England	Pittsfield, Massachusetts
Mildred Harriet Goldstein	Longmeadow, Massachusetts
Lucy Allen Jobson	Larchmont, New York
Amelia Sherman Judd	Saginaw, Michigan
Carol Ann Kane	Springfield, Massachusetts
Geraldine Harland Kelley	Northampton, Massachusetts
Margaret Grace Mattas	Scranton, Pennsylvania
Claire Acheson Neiley	Union, New York
Sarah Olmstead	Longmeadow, Massachusetts
Janice Mary Peck	Waverly, Pennsylvania
Gretchen Schoonmaker	Brookine, Massachusetts
Jane Ann Byrne Sessions	Hadley, Massachusetts
Dorothy Joan Spear	Walpole, Massachusetts
Cicely Ellsworth Taylor	Northampton, Massachusetts
Katherine Lattimore Young	Northampton, Massachusetts

Certificates

Lorraine Agnes Campbell	New Wilmington, Pennsylvania
Cynthia Carswell	Caldwell, New Jersey
Doris A. Ciaschini	Northampton, Massachusetts
Martha Hopkins Cochrane	Rochester, New York
Caroline Howe Copeland	Winnetka, Illinois
Mary Elizabeth Doyle	Northampton, Massachusetts
Patricia Rollins Grant	Florence, Massachusetts
Mary Elizabeth Harris	Northampton, Massachusetts
Margaret L. Ingraham	Augusta, Maine
Elizabeth Margaret Knight	Chicago, Illinois
Jane Kremers	Lewiston, New York
Priscilla Frances Landry	Hartford, Connecticut
Carol Larsson	Winnetka, Illinois
Anne Kathleen MacCarthy	Worcester, Massachusetts

Margaret Corriden McKillop	Holyoke, Massachusetts
Joyce Lorraine Menter	Middletown, New York
Irene Mary Mordas	Northampton, Massachusetts
Mary Elizabeth Ockenden	Northampton, Massachusetts
Corinne Rogers	Northampton, Massachusetts
Lynn Sherwood	Beatrice, Nebraska
Janet Lillian Slocombe	Northampton, Massachusetts
Patricia Marie Stauffer	Bronxville, New York
Mary-Monell Treleaven	Lansing, Michigan
Helen Letitia van Winkle	Northampton, Massachusetts
Lois Charlotte Velte	New Lebanon, New York
Marion Elisabeth Ward	Great Neck, New York

DIET LIST — 1

6.00—7.00 a.m.	~~Whole milk~~ or Formula—8 ounces
8.30 a.m.	Orange juice—1 ounce with water 1 ounce
10.00 a.m.	Barley, groats, or arrowroot jelly, or cereal (strained oatmeal, farina, or cream of wheat—cooked 2 to 3 hours) —1 to 4 tablespoons Whole milk or Formula—6 to 8 ounces
2.00 p.m.	Vegetable soup—2 to 6 ounces ~~Whole milk~~ or Formula—4 to 6 ounces or Beef juice(1 or 2 times a week)—1 to 2 ounces Green vegetable, strained (spinach, peas, string beans, stewed celery, stewed lettuce, stewed beet greens, stewed chard, young carrots, or asparagus)—1 to 2 tablespoons Starchy vegetable (rice, macaroni or spaghetti(—1 to 2 tablespoons ~~Whole milk~~ or Formula—4 to 6 ounces
4.30 p.m.	Orange juice or prune juice—1 to 2 tablespoons with water
5.30—6.00 p.m.	Cereal jelly or cereal—1 to 4 tablespoons ~~Whole milk~~ or Formula—6 to 8 ounces

VEGETABLE SOUP RECIPE

Meat: ¼ lb. lean beef, mutton or chicken

Green vegetables: 1 medium-sized carrot, 2 or 3 spinach plants. or 1 small head of lettuce, or 2 stalks of celery

Starchy vegetables: 1 medium-sized potato, 2 level tablespoons of rice or barley

Remove all the fat from the meat; cut the meat into small pieces; add ¼ teaspoon of salt and 2 quarts of cold water. Cook the meat slowly for about 2½ hours. Strain the broth through a fine strainer to remove the meat; add the cereal and vegetables, chopped fine, to the broth. Cook about ½ hour longer, until the vegetables and cereal are soft and the liquid is reduced to 1 quart. Mash the vegetables and cereal through a fine strainer with the broth. Cool and remove the fat from the top. Reheat the soup before using

Caution—This soup should be cooled quickly, and kept cold to prevent souring

Margaret Corriden McKillop	Holyoke, Massachusetts
Joyce Lorraine Menter	Middletown, New York
Irene Mary Mordas	Northampton, Massachusetts
Mary Elizabeth Ockenden	Northampton, Massachusetts
Corinne Rogers	Northampton, Massachusetts
Lynn Sherwood	Beatrice, Nebraska
Janet Lillian Slocombe	Northampton, Massachusetts
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Green vegetables: 1 medium-sized carrot, 2 or 3 spinach plants. or 1 small head of lettuce, or 2 stalks of celery

Starchy vegetables: 1 medium-sized potato, 2 level tablespoons of rice or barley

Remove all the fat from the meat; cut the meat into small pieces; add ¼ teaspoon of salt and 2 quarts of cold water. Cook the meat slowly for about 2½ hours. Strain the broth through a fine strainer to remove the meat; add the cereal and vegetables, chopped fine, to the broth. Cook about ½ hour longer, until the vegetables and cereal are soft and the liquid is reduced to 1 quart. Mash the vegetables and cereal through a fine strainer with the broth. Cool and remove the fat from the top. Reheat the soup before using

Caution—This soup should be cooled quickly, and kept cold to prevent souring

(over)

In the Name of the Father and of the Son and of the Holy Ghost - Amen

+This certifies that

Jane Ann Byrne Sessions.

received the Sacrament of

Holy Baptism

in home at Forty Acres, Hadley.

in the Diocese of Massachusetts

on August 14th A.D. 1930.

John Archibald Sessions } Parents

Florence Mary Doheny (Hackett) Sessions

Frederic Dane Huntington } Sponsors

Elise Huntington

Sarah Huntington

Born November 12, 1929.

at Hadley, Massachussets.

James W.S. Huntington.

Copyrighted, 1908, By Edwin S. Gorham, Inc., 11 West 45th St., New York

Uncle James performed the ceremony - under the arch in the Long room.

Ann's godmother Sarah Huntington held her.

RICHARD M. SMITH, M. D.
J. HERBERT YOUNG, M. D.
RICHARD S. EUSTIS, M. D.
ROBERT D. CURTIS, M. D.
HENRY E. GALLUP, M. D.

J. HERBERT YOUNG, M. D.
66 COMMONWEALTH AVENUE
BOSTON

11 September 1930.

My dear Mrs Sessions:-

I showed your letter to Dr Smith. He was much interested (and amused) so much so that in the next edition of his book he will discuss the subject and would like permission to use the crucial paragraph in your letter.

Don't get discouraged, just keep on trying. Kittens may learn some things faster than babies, but who wants to be a kitten.

Sincerely yours
J. Herbert Young

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J. HERBERT YOUNG, M. D.
66 COMMONWEALTH AVENUE
BOSTON

25 September 1930

My dear Mrs Sessions:-

Keep the baby on boiled skimmed milk and cereals until the bowels begin to straighten out, giving her, meanwhile, all the water she will take. Then gradually work back to whole milk and her regular diet.

Sincerely yours,
J. Herbert Young.

J. HERBERT YOUNG, M.D.
66 COMMONWEALTH AVENUE
BOSTON

Nov. 1, 1930.

My dear Mrs. Sessions:

While it may seem needless to call your attention to so obvious a fact as the importance of vaccination against small-pox, we all know that often the most obvious things are forgotten. Every child should be vaccinated. It may be done at any age, but should be done by the time a child reaches his first birthday.

In addition to small-pox there are two diseases for which there are adequate preventive measures; diphtheria and typhoid fever.

Diphtheria toxin-antitoxin should be given at one year of age or any time thereafter. It will protect against diphtheria for seven years and probably longer.

To be protected against typhoid fever is just as important for children as for adults. When children are old enough to eat a more or less adult diet, to travel or go to camp, they should be given typhoid vaccine, and have it repeated every two or three years. Five years is a suitable age to begin.

Since preventing disease is as much the function of the physician as curing it, I feel it is my duty to call these facts to your attention. It is, of course, for you to decide what shall be done.

Very truly yours,

J. Herbert Young

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J. HERBERT YOUNG, M. D.
66 COMMONWEALTH AVENUE
BOSTON

1 October 1930.

My dear Mrs Sessions:-

Am glad to hear the baby is better. She just "picked up a bug" and when she got it nobody can tell.

I should think it safe now to start getting back to the regular diet. Just go slowly. That's all.

Sincerely yours
J. Herbert Young

DIET LIST—1

Mar. 1930

6.00—7.00 a.m.	Whole milk ~~or Formula~~—8 ounces
8.30 a.m.	Orange juice—1 ounce with water 1 ounce
10.00 a.m.	Barley, groats, or arrowroot jelly, or cereal (strained oatmeal, farina, or cream of wheat—cooked 2 to 3 hours) —1 to 4 tablespoons
	Whole milk ~~or Formula~~—6 to eight ounces
2.00 p.m.	Vegetable soup—2 to 6 ounces
	Whole milk ~~or Formula~~—4 to 6 ounces
	Clear or broth or * Beef juice (1 or 2 times a week)—1 to 2 ounces
	Green vegetable, strained (spinach, peas, string beans, stewed celery, stewed lettuce, stewed beet greens, stewed chard, young carrots, or asparagus)—1 to 2 tablespoons
	Starchy vegetable (rice, macaroni, Baked potato or spaghetti)—1 to 2 tablespoons
	Whole milk ~~or Formula~~—4 to 6 ounces
4.30 p.m.	Orange juice or prune juice—1 to 2 tablespoons with water
5.30—6.00 p.m.	Cereal jelly or cereal—1 to 4 tablespoons
	Whole milk ~~or Formula~~—6 to 8 ounces
	Apple sauce - 1-2 tablespoons

VEGETABLE SOUP RECIPE

Meat: ¼ lb. lean beef, mutton, or chicken

Green vegetables: 1 medium-sized carrot, 2 or 3 spinach plants, or 1 small head of lettuce, or 2 stalks of celery

Starchy vegetables: 1 medium-sized potato, 2 level tablespoons of rice or barley

Remove all the fat from the meat; cut the meat into small pieces; add ¼ teaspoon of salt and 2 quarts of cold water. Cook the meat slowly for about 2½ hours. Strain the broth through a fine strainer to remove the meat; add the cereal and vegetables, chopped fine, to the broth. Cook about ½ hour longer, until the vegetables and cereal are soft and the liquid is reduced to 1 quart. Mash the vegetables and cereal through a fine strainer with the broth. Cool and remove the fat from the top. Reheat the soup before using.

Caution—This soup should be cooled quickly, and kept cold to prevent souring.

* Hard boiled egg yolk 2 or 3 times a week.

RICHARD M
J. HERBER
RICHARD S
ROBERT D.
HENRY E. GALLUP, M. D.

J. HERBERT YOUNG, M. D.
66 COMMONWEALTH AVENUE
BOSTON

13 November 1930.

My dear Mrs Sessions:-

Did list enclosed.

What Dr Smith means is not to give a quart of milk a day and then other food, give regular food first and milk after, up to a quart if she wants it but do not force.

If you get the new Viosterol 250 D, 10 drops a day is enough but I should give it every day.

Sincerely
J. Herbert Young

This was Nov 12 - Anne just a year old - She walked and talked -

"Link" White - John + Anne.

Nov 14 1930. Nan in her pen

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66 COMMONWEALTH AVENUE
BOSTON

25 November 1930.

My dear Miss Sessions:-

Of course you must have your vacation and take the baby too. While advice may be dead most people do. If you have a basket for her to sleep in comfortably I think you will find that she will make the trip without any trouble.

As for staying in a house with a tuberculous patient I don't think this would be so terrible either. A person who knows he has tuberculosis usually knows how to take care of himself, it is the person who doesn't know it that is a danger. Of course you

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66 COMMONWEALTH AVENUE
BOSTON

should avoid immediate contact, other than that, with all eating utensils sterilized you need not worry.

Sincerely yours

J. Herbert Young.

Mae & Ann at a year – Nov. 1930

December 1930

Xmas 1930 taken in her high chair in the house.

These instructions were left for Tanto & miss K. Doyle who took care of Ann while J.A.S. & I had our vacation for one week in K.Y.

Jan 1/31

5:30 & 7:00 Anytime now Nannie wakes I take her up and place her in my warm bed while the bottle warms. At this time I also open the two fires, putting coal on if necessary or giving the kitchen stove a shake. The pan of water for diapers & the pot for bottles I set on the stove to get ready for boiling etc later.

As she drinks her milk I remove all wet clothes and put on a sweater, flannel dressing gown & pink heavy one. When finished bottle she will probably have a movement if placed on her chair and reminded to "be a good girl". Then I pin diapers to her shirt – add stockings if quite cold, put her in her crib to play. If chilly enuf turn on sun bowl so it shines in on her but not close enuf for her to grasp cord or bowl.

If she didn't move at 6:30 try again in an hour when you are getting dressed. (If you are!)

7:45 to 8:15 One oz. of orange juice strained plus 1 oz of water and as much more as she will drink – as much as a piece of toast or zwieback as you eat your breakfast – Keeps her quiet –

8:30 to 9:00 Bottle milk – dust Nan's room – Strain cereal Pick up generally –

9:00 Bath – Usually only soap hair once a week – And if she hasn't moved up to this she usually does just before, or during her bath, or after breakfast.

9:30 Brek – see the diet list.

10:00 By this she should be snug in her bed – even a hot water bottle if it is cold or her feet are chilly.

She gets 5 drops of Viosterol now & 5 at 2 PM meal (over)

10 - 12 30 or later - maybe she sleeps. If the house is moderately quiet she sleeps better than if she can hear noises etc - When you pick her up she may need another sweater etc before playing on the floor in her pen - And I try to seat her on her chair often enough to keep her dry. A drink of water as she is on her chair

1 30 ½ a rusk or zwieback followed by her lunch on diet + Viostard 5 drops

Lunch followed by her chair - and then if weather permits I usually take her out for ½ - ¾ or one hr dressed according to the weather.

4 - 4 30 One oz of prune juice or two tablespoons of prunes put thru sieve and as much water as she'll drink.

5 - 5 15 Usually let her play without clothes on the double bed -

5 15 Clean shirt + nighty and Supper - Sometimes I give her more than 8 oz of milk - by 2 - 4 oz from another bottle. She often takes the last as she sits on her chair - where she usually has a second movement.

6 By this she should be snug in bed.

8 30 or 9 We usually lift her -

Mrs John Sessions
% E. Byrne Hackett
136 East 64th St New York.

Dr J. Herbert Young
66 Commonwealth Ave
Boston
Kenmore 9430

Dr Jane B. Armstrong
Northampton 1906

RICHARD M. SMITH, M. D.
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66 COMMONWEALTH AVENUE
BOSTON

22 January 1931.

My dear Mrs Sessions:

By all means have Dr Armstrong give the diphtheria toxin antitoxin. After this has been done then she can be vaccinated. This was done & in Aug. Arm proved negative to the test.

I wouldn't hurry about the teeth. She may have whole wheat biscuits and even graham crackers if they are not too laxative.

I had a spree in New York too, but it only lasted two days. Not long enough!

Sincerely yours

J. Herbert Young

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J. HERBERT YOUNG, M. D.
66 COMMONWEALTH AVENUE
BOSTON

February 17, 1931.

Mrs. John Sessions
Phelps Farm
Hadley, Massachusetts

My dear Mrs. Sessions:

I have no doubt that much of your recent difficulty has been due to teething and trust that your troubles are at an end. It may be that the skin condition is also due to teeth and this too will clear up. I would use zinc oxide ointment locally.

I think it perfectly safe not to strain the finer vegetables, but to have them thouroughly cooked so that they can be easily mashed. Spinach, which has a lot of residue, had better either be strained or else finely chopped.

Very truly yours,

J. Herbert Young

J. Herbert Young, M.D.

Early March 1931

Mrs Tessie Scott - Ann + Trushka. Later in March 1931.

Spring 1931

These pictures were taken by
Mrs Joan T. Gorokhoff in
April 1931.

Sex Detector. By a new X-ray photographic method called amniography, *Dr. Thomas Orville Menees* of Blodgett Memorial Hospital, Grand Rapids, Mich., has been able to detect the sex of an unborn child three months before birth. An injection of harmless strontium iodide, opaque to X-rays, makes it possible to identify the structure of the unborn child. Another important use of amniography: to determine cases where a Caesarian section is necessary for safe delivery.

Ann and Trushka by the north porch.

May 20/31.

May 20/31
18 mos
26 lbs
32"

ANN, Trushka, and the hose, May 20/31.

1782

1931

YOU and your friends are cordially invited to the Old Hadley Meeting-house to dedicate the Old Hadley Farm Museum on Wednesday afternoon, May 27th, at half past three o'clock.

The Museum is in the center of the town, near the Town Hall and the Old Church with its beautiful Christopher Wren spire.

THE PROGRAM

Mrs. Dorothy Birchard Mulroney of Springfield, organist for the occasion, will give a short recital preceding the exercises.

Dr. James Lincoln Huntington of Hadley and Boston is to relate the History of the Huntington Barn.

Architect Guy Kirkham of Springfield will tell how the Barn was made into a Museum.

Contractor Ruben Pomeroy of Amherst will tell of The Barn's Adventures on the Road.

Henry R. Johnson of Springfield has something to say about The Fun of Collecting.

Homer Eaton Keyes, Editor of *Antiques*, is to be one of the speakers.

Waldo Cook, Editor of the Springfield *Republican*, will contrast "New Things and Old".

Dr. F. J. Sievers of the Massachusetts State College will speak on "The Value of a Farm Museum to the Community".

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J. HERBERT YOUNG, M. D.
66 COMMONWEALTH AVENUE
BOSTON

3 June 1931.

My dear Mrs Sessions:

I hate to be so brutally frank to a milk producer, but the slogan that every child should have a quart of milk a day is all wrong. It is best for her to take solid food and then what milk she wants. Never force either food or milk. If you ever run across the piece of research Dr Davis has done in letting children from the time they are weaned eat what and as much as they want, you will find it most enlightening.

It is not necessary to strain vegetables any longer. If you are right, she should learn to chew.

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66 COMMONWEALTH AVENUE
BOSTON

Be sure she is not overtired when she eats. A quiet half hour before supper may cure the stomache ache which comes after.

We shall be only too glad to welcome Johnnie in next January. I know of nothing you can do to produce milk except to lead a normal, healthful life.

Sincerely yours
J. Herbert Young

— Ann's Schedule :-

We leave about 9 AM and return about 6 PM

June 3/31

9 30 Ann plays - inside or out - + with only her sunsuit on if the wind is not ~~too cold~~ -

10 30 one slice whole wheat bread buttered + 1 glass of milk (as much as she'll take without forcing)

11 00 to bed for her nap - only nightdress + diapers on - w. as many covers as necessary -

2 PM Depending on when she wakes - but not later than 2 o'c Lunch consisting of: 2-3 tablespoons of baked potatoe
2-3 " " well cooked carrot, mashed soft -
1 very soft boiled egg
1 slice bread + butter (whole wheat)
Some milk to drink
1-2 tablespoons chocolate cornstarch pudding.

I put her on her chair right after lunch + try to keep her quiet for about ½ hr — not in the sun -

4 00 She plays around - water to drink if she will -

4 45 About ½ glass of prune juice and 1 rusk, more water maybe -

5 30 Lukewarm bath, not more than 5 minutes - nightdress -

6 o'c Supper consisting of 3-4 tablespoons of warm cereal
2 " " applesauce
1 slice whs. wh: bread + butter
1 glass milk

Then her chair or so to bed perchance to sleep, perchance to dr

Please dont anyone take her near the Cottage or Eunice or everyone who might have touched Eunice - and if Ann walks on the road take her hand while a car passes. She must not pester Trushka or the kittens.

Pictures Taken by cousin Frederic Paine

June 19th 1931.

Under the Tulip Tree

Aunt Molly Cousin Emilie Mrs J. W. Paine Dawn Ann Granny

Up - dress - wash + Id put shoes on her - but note that lacing them up snugly binds her fat leg - Maybe dont lace all the way up ?? She shd wear them when she goes over to the other house a' cause of ivy - nails

The juice of an orange squeezed - but dont force it as she seems somewhat loose -

Brek - of 3 - 6 tablespns of cereal with milk (no sugar) Maybe she'll drink milk, maybe only water -

" " " eat ½ slice toast buttered.

" " " " a soft boiled egg, if she doesn't eat all cereal - or in addition if hungry. She feeds herself more or less - may need aid if she tires on the job - Better let her be hungry than overeat - Usually it takes no longer than ½ hr for meals.

Wishes - (Drink water + movements come + go until -

Then I give her one or two Zwieback + maybe ½ apple, pared, cored + in bits as you know - only milk or water however not fruit if her morning movement was loose -

Lunch -

To Bed — probly to "Wish" + Hous!

If she's not slept I take her out - to play, walk etc

Zwieback 1 or 2 — + liquid

Bath - tepid, not more than 2" in which she splashes etc - Dont soap her hair, or ears You know

Then supper, about 4 tablespoons cereal and milk to drink maybe 2 zwieback buttered and 2 tblespns of applesauce, or strained prunes if she had sauce for lunch [Cereal + prunes in glass jars in ice box)

If she demands cream at any meal not more than 1 tsp

After wish + brushing teeth (as she sits on her chamber) maybe a movement, so to Bed -

TELEPHONE
3149-W

E. P. BAGG, JR., M. D.
MEDICAL ARTS BUILDING
207 ELM ST., HOLYOKE, MASS.

CONSULTATION
BY
APPOINTMENT

℞

To whom it may Concern:
This is to Certify that
I have this vaccinated
Jane Ann Sessions,
2 yrs old, against
Small Pox -

Attest:
Edw. P. Bagg Jr

Oct. 1/31 -

REG. NO. 6143

RICHARD M. SMITH, M. D.
J. HERBERT YOUNG, M. D.
RICHARD S. EUSTIS, M. D.
ROBERT D. CURTIS, M. D.
HENRY E. GALLUP, M. D.

J. HERBERT YOUNG, M. D.
66 COMMONWEALTH AVENUE
BOSTON

30 October 1931.

My dear Mrs Sessions:-

I feel quite certain that it is not necessary for you to make the long trip to Boston with your daughter to see me. I take your word and Dr Bagg's without question.

Shall be on hand to put my stamp of approval on the new son, and at the same time we can talk over the daughter.

Sincerely yours
J. Herbert Young.

Dress Ann Nov. 1931

Breakfast ~~[illegible]~~ one or more tablespoons of oatmeal with milk + about a teaspoon of cream - as much milk as she'll drink + a piece of toast buttered if she seems to want it. Maybe she'll have a movement shortly after breakfast - She also can have a soft boiled egg (2 min) if she wishes.

As soon as you can get her out in the sun to play until 10 o/c Crackers (toasterette) and a cup of milk - Be sure the milk isn't chilly cold - Remind her to "wish" if she doesn't ask -

Lunch - you know the quantities - LAMB - Potatoe - spinach - celery + 2 or 3 tablespoons of applesauce with a little cream -

She should be in bed for her nap - + I think she'll probably sleep. If she doesn't sleep by 2, I usually put up the shades, shut windows + give her something to play with, alone but door open so she won't be cold until 3 o/c You Rest - read or anything but work!

Dress Ann + give her more toasterettes + milk as at 10 AM before she goes out. She may need warmer clothes than in the morning because the sun is soon gone but I like to keep her out walking + resting at intervals while you play with sticks or stones etc in some sheltered spot until 5 PM - Take Taffy too if you wish —

M Be sure to see that she warms up when she comes in - + reads or plays quietly for a half hour while you put her cereal on to heat, by putting the pot into the teakettle. Take the pits out of 4-5 prunes and squash 'em up - butter a half (or whole) rusk — cup of milk + more for her cereal not chilly - To warm it - place her cup in rather warm water - Wash her hands + face before supper and put on her nightclothes

After supper she may (should if not already done so) make a "muddy" and then she'll probly ask for water dont give her more than ½ cup - So To bed tucked up warm + cosy but no toys - Open windows but have no direct draft on her.

I do pick up if she cries especially because it may mean that she has a stomach ache + sitting on her chamber would relieve it, but don't let her kid you into staying up just to play.

Ann sitting on the edge of her sand-box saying: "Going to Take Aunt" and then

watching her Daddy come across the field from the Barns.

December 7th 1931.

- these were taken to show Granny Ann's coat which had just come from Granny. We left for Bolton a week later where Ann spent Christmas + New Years.

Ann + Trushka

At two years of age Ann talked fluently — weighed 29 lbs and was 33" tall.

"Smile" for Granny - Dec 7/31.

Ann was left with Tante & Uncle Ted in Bolton for a month. Her toys, bed etc was all put in 'Clapham Junction' where she lived in a self-contained fashion without any show of homesickness. John spent Xmas day with Ann. She received a doll carriage - dishes - steam roller - piano - clothes etc galore. Best of all she had a lovely tree & Mrs Glover to help keep an eye on her. Mrs G. took these two pictures for me -

Ann in Bolton - while Mummy was in Cambridge. Winter 1932.

This really marks the end of the first era. The months in Bolton was Ann's bridge from babyhood to childhood. She had to be more self sufficient, & self supporting. Of course she had been trained in this way for her own good & to make this break merely a step in her gradual development, but with the arrival of Sally the development is accentuated.

This wide-eyed Ann in Bolton in her lovely snow-suit with fine red cheeks showing even in this picture. Winter 1932.

Economical
Economical